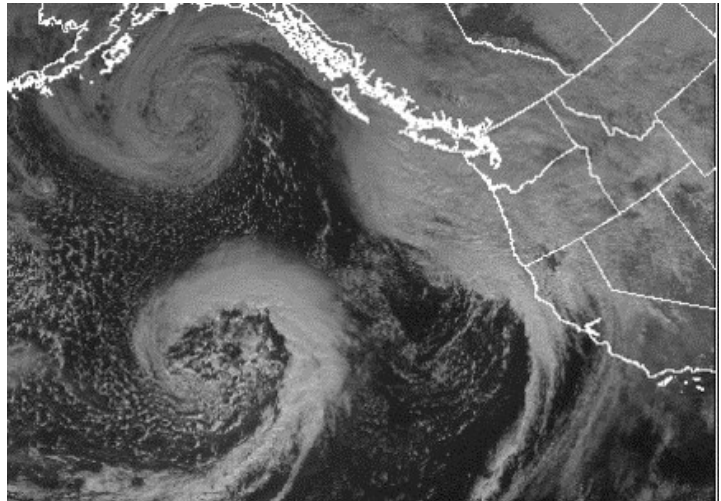


Are You Prepared?



A GUIDE TO HELP YOUR
FAMILY, BEFORE, DURING,
AND AFTER A DISASTER



IT WON'T HAPPEN TO ME IS THE WRONG ATTITUDE

We are truly fortunate, our part of the Pacific Northwest is as beautiful as it is peaceful. We don't have a hurricane season, or live in tornado alley, and homes don't flood away every winter. Still, throughout history, disasters of all size and shape have happened here. It's only a matter of time before it's our turn, and this guide is meant to give your family a tool to make you ready when it does happen.

DO YOU KNOW THE NUMBERS?

It doesn't always take a natural disaster level event for you to use a family emergency plan. Something as simple as having a list of emergency phone numbers at home can be a great first step in your family being able to respond more efficiently to minor emergencies, or just those random things that inevitably happen at home. In this world of cell phones and contact lists, it's all too easy to depend on being able to look up "grandma" in the phone list and hit the call button. What happens though if your phone is dead and you still need to call a loved one, do you have their numbers written down someplace so everyone can find them easily? Use the bottom half of this page to make an emergency phone list for your family to contact if

OUR FAMILY EMERGENCY CONTACT FORM - PRINT AND PUT SOMEPLACE VISIBLE IN THE HOME

HOME ADDRESS: _____

PARENT NAME AND CELL PHONE: _____

PARENT NAME AND CELL PHONE: _____

PARENT NAME AND WORK PHONE: _____

PARENT NAME AND WORK PHONE: _____

OTHER FAMILY CELL PHONES: _____

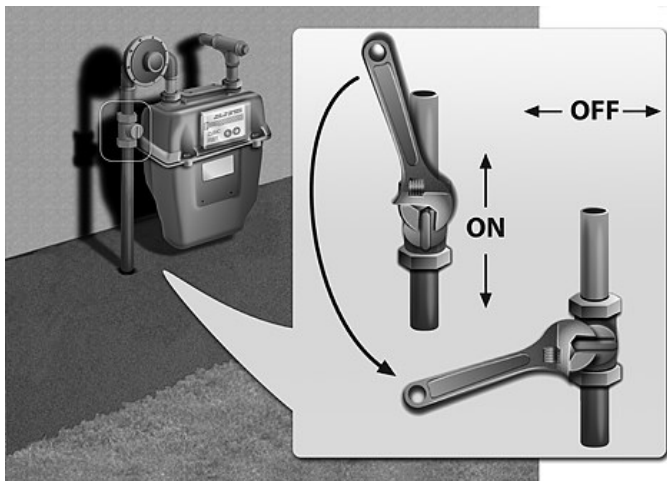
EMERGENCY CONTACT 1: _____

EMERGENCY CONTACT 2: _____

EMERGENCY CONTACT 3: _____

THINGS YOU CAN DO AROUND THE HOME NOW, IN ORDER TO BE READY LATER

- Prevent things from falling over by securely anchoring them, some things to check include:
 - Heavy picture frames or wall clocks
 - Televisions
 - Bookcases & entertainment centers
 - Hot water heaters
 - Hunting trophies and antlers
 - Keep hanging lights or plants from where they can hit a glass window
 - Use metal straps to tie your brick chimney down to the roof of your home
 - Put straps or child safety latches on cabinet or drawers
- Learn where your utility shuts offs are, and how to use them. If you aren't sure, ask. Natural gas meters and shut offs are usually located on the side of your home, electricity can be turned off at the electrical circuit breaker panel (but there will still be power between your home and the power pole or junction box at the street), and water can be accessed in your meter near the curb.



**NEVER TURN YOUR GAS BACK ON UNTIL THE
SYSTEM HAS BEEN INSPECTED FOR LEAKS
BY THE GAS COMPANY**

THE FIRST 72 HOURS

Be it a nasty winter storm, or a natural disaster that's worthy of the national news, being self sufficient is the name of the game for at least the first 72 hours. When you are preparing your family emergency plan and supplies kit, you will need to recognize what your family will need to survive for 72 hours without outside assistance. The basic needs of a 72 hour kit start with water and food, but it shouldn't end there. Here are some things that you will need to consider having with you for those first 72 hours.

- ☐ At least one gallon of drinking water per person, per day, for at least three days.
- ☐ Three day supply of non perishable food.
- ☐ Battery operated, or hand crank, radio
- ☐ Flashlight
- ☐ Extra batteries and flashlight lamps
- ☐ First aid kit
- ☐ Whistle
- ☐ Dust mask, a roll of heavy plastic, and duct tape
- ☐ Moist wipes and heavy duty garbage can sized plastic bags
- ☐ Basic tools (adjustable wrench, pliers, screw drivers, knife, etc.)
- ☐ Hand operated can opener
- ☐ Local maps
- ☐ Prescription medications and spare eye glasses
- ☐ Baby formula and diapers
- ☐ Pet food and livestock needs
- ☐ Cash in small bills and change
- ☐ Sleeping bags, pillows, and warm blankets for everyone
- ☐ Complete change of warm clothing
- ☐ Winter jacket, insulated work gloves, and rain gear
- ☐ Matches and candles
- ☐ Personal hygiene supplies
- ☐ Eating utensils and paper plates
- ☐ Comfort items like books, card games, or toys



So where are you supposed to put all of this stuff? Whatever you decide to use to store your kit in, you want to consider the ease of moving it. Using a plastic garbage can with wheels may be a good storage place for most of the items like the food and other hard things, and the clothing and softer items can go into a backpack. This is going to take some trial and error on your part to find what works best for your family. After that, storage in a dark, dry, rodent free place is key to making sure it's ready and usable when you need it most.

AFTER 72 HOURS, WHAT'S NEXT?

In large scale disaster events we can expect that it may take more time for help to reach us. If you think about what a major earthquake would do to our infrastructure like roads and bridges, you can see that it may be much longer than three days before resources like the National Guard and Red Cross can get to communities of our size. So what are we supposed to do if we truly are on our own?

This is where your emergency supplies kit may need to expand to have other things on hand that you can use to keep your family going. The following items have proven to be beneficial to other parts of the country who have experienced a major disaster.

- ❑ Tents. You can use a tent even indoors to conserve body heat and stay warm.
- ❑ Extra firewood, even having a campfire in the backyard can warm you up before you climb into a sleeping bag indoors.
- ❑ Lanterns with extra fuel or batteries, and mantles, camp stoves, or barbecues, or gas fired heaters, just remember that if it burns - you should not use it indoors.
- ❑ Photos of each person in your family, with everyone's name and age identified in writing.
- ❑ Buckets for bathroom needs. Use one bucket for liquid waste, and a second separate bucket for solid waste. Using shredded paper, saw dust, or other material on top of your solid waste can help dry it out and lower the likelihood of flies and odor. You can use a heavy duty plastic garbage bag to wrap up your waste and other garbage until it can be dealt with later.
- ❑ Unscented liquid bleach. This makes for the perfect water purifier, you will start by boiling the water, then add 16 drops (eye dropper size) to every 1 gallon of water, and allowing it to set for 30 minutes before using, can make for water that's safe for sanitation or drinking if needed.
- ❑ Tools like shovels, axes, wheel barrows, pry bars, and other things, can all come in handy.



WHAT SHOULD I DO WHEN AN EARTHQUAKE HAPPENS?

- If you are outside, move away from buildings, street lights, and power poles.
- If you are indoors, stay away from glass, or anything that can fall like book cases or work equipment at your job.
- Get under a table, cover your head, and hold on until the shaking stops.
- Once you evacuate the building please pay extra close attention to things that can fall down. Brick walls can be weakened by the earthquake, and still fall down long after the shaking has stopped.
- If you are driving, stop as soon as safely possible, stay in your seat belt, but try and stay away from buildings, trees, over passes or bridges, and power poles or wires. Listen to the radio for updates on road conditions along your route, you may not be able to drive over bridges or elevated roadways until they can be inspected.
- If you become trapped inside a building, or under debris, do not light a match, do cover your mouth with a shirt or handkerchief, and try not to create more dust. Tap on a wall, pipe, or the floor, often. Shouting and yelling will dehydrate you and lead to problems later.
- Be aware of your situation when traveling. If you are at the coast with the family, watch for tsunami evacuation routes and think about the best way to get to high ground if needed.



WHAT TO DO AFTER THE EARTHQUAKE HAPPENS

- Take care of injuries first. Help may take time, so you will want to be able to treat anything that is not life threatening. There are lots of options for first aid training locally, so if you aren't sure about basic first aid skills like bandaging and splinting, you will want to reach out and find that education before a disaster strikes.
- Protect yourself. Bike helmets or hard hats, good strong shoes or boots, leather work gloves, are all essential items that you will want to have to protect yourself during the time immediately after a major earthquake.
- Check the natural gas or propane at your home. If you smell rotten eggs, can hear a leaky hissing noise, or notice that the gas meter dials are rapidly spinning, you likely have a gas leak. Open your windows and leave the home quickly. Once outside find your gas meter and turn the valve off. Call the gas company from the safety of your neighbor's home.
- Put out any small fires with a fire extinguisher or garden hose. Stay away from large fires, evacuate to a safe area and call 911.
- Lookout for any electrical damage. Broken or frayed wiring, damaged light fixtures or plug in outlets, circuit breakers or GFCI outlets that are tripping off, or the smell of hot electrical burning, are all signs that there is a problem with your home's electrical system and that it needs to be shut off.
- Stay away from downed power lines, or any power poles that appear weakened or broken.
- Shut off your home's water system. This will help you save whatever water is left inside your plumbing so you can use it later, and will also keep any pollution from broken water lines elsewhere from getting into your system.
- Check on your neighbors and look to your radio and public alert systems for notifications on what to do next.

GET READY....GET SET....GO!

If an emergency gets to the point where we need to evacuate you, this order can come at any time without warning. In some cases though, we may know ahead of time that an evacuation may be needed. We talk about evacuations being different levels, 1, 2, and 3, this can be easily remembered by thinking of them as get ready...get set....go.

Level 1 “Get Ready”, means that your area has been identified as being under a threat of evacuation. You should start identifying things you will want to take with you, what route you will evacuate on, where you will evacuate to, and what you will need to do for your livestock and pets.

Level 2 “Get Set”, means that the incident is progressing and an evacuation order is likely. Under a level 2 evacuation order you will want to begin moving livestock and pets, loading your car, and be ready to go at a moment's notice.

Level 3 “GO NOW”, means that there is no longer time to prepare, and you must evacuate immediately. Please keep in mind that we will always try to give an early warning about evacuations, but some incidents may happen so rapidly that we may not have the luxury of time to issue a level 1 or 2 order before going directly into the level 3 go now mode.

Pay attention the next time you go to the Oregon Coast, you will likely see signs like the one pictured to the right. These signs point you in the direction of routes that you can use to find high ground during a tsunami warning. Now, obviously, in the valley we will never have a tsunami that comes ashore here, but the same awareness about your routes into and out of your neighborhood is still important. Try and use this awareness to recognize what



routes you may not be able to use during a flood, or a wildfire, or if an earthquake damages bridges. We will always try and have up to date maps and routes posted, but sometimes you may need to rely on your own knowledge about local routes, this is where an accurate paper map in your emergency kit can be an essential item.

EMERGENCY KITS FOR YOUR CAR, JOB, OR SCHOOL

There comes a point where one cannot possibly prepare for every possible thing that could happen to them, so no one's saying that you need to tote around 72 hours worth of supplies every place that you go. Still, keeping a small backpack in your car, at your office, or in your car, with simple items like a flashlight and batteries, high energy snacks, bottled water, a change of socks, blanket, toilet paper, matches, work gloves, a whistle, or other personal items, can be a difference maker if you are away from home when the emergency hits.

HOW WILL WE COMMUNICATE WITH YOU DURING AN EMERGENCY

During an emergency we will send our messages to local radio and television stations for broadcast, post information on our websites or social media pages like Facebook or Twitter, use bulletin boards or signs in effected areas, and any other means we think is effective to get the word out. It's important that you look for these messages, and make sure you are reading accurate information before making a decision.

WHAT ELSE?

If this guidebook missed something you were curious about, or if you still have questions about what your family needs to be ready, contact us and we will help you as best as we can.

Cornelius	503-357-3840
Forest Grove	503-992-3240
Gaston	503-985-7575